

FOND DU LAC COUNTY QUARANTINE RECOMMENDATIONS FOR EXPOSURE TO COVID-19



Public Health
Prevent. Promote. Protect.
Fond du Lac County
Health Department

Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. Quarantine options shorter than 14 days balance reduced burden against a small but non-zero risk of post-quarantine infection that is informed by new and emerging science. Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of SARS-CoV-2, as the incubation period for the COVID-19 virus is 2-14 days.

All Wisconsin residents should follow current guidance for stopping the spread of COVID-19, even if they have had COVID-19 or have been vaccinated. This includes wearing masks in public, avoiding large gatherings, staying 6 feet away from others, and following all other applicable workplace or school guidance. Individuals who meet certain criteria as defined below do not need to quarantine.

Who needs to Quarantine?

People who have been in close contact with someone who has COVID-19.

You are a close contact if any of the following situations happened while you spent time with the person with COVID-19 (even if they didn't have symptoms and were wearing a mask):

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over the course of a day.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

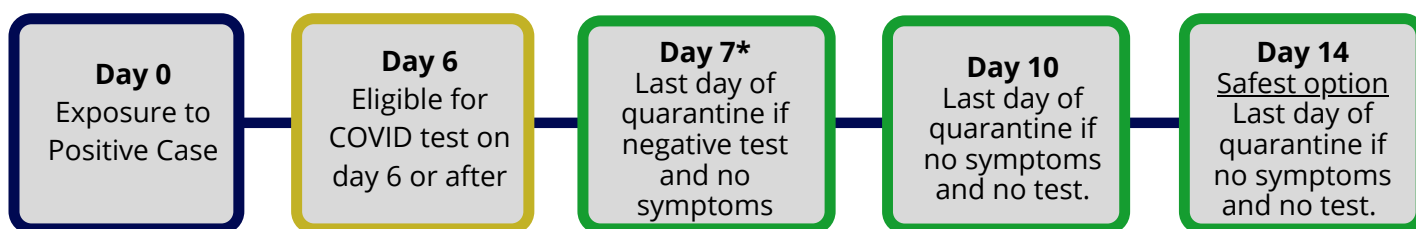
Individuals who meet the following criteria do not need to quarantine:

- **People who have had COVID-19 within the past 3 months**
 - People with PCR positive test result OR people who were experiencing symptoms and had a positive antigen test result for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. If they develop symptoms of COVID-19 they should isolate until they are well for at least 24 hours, or if an alternative diagnosis is made, until they can return to work or school according to that diagnosis. Encourage the individual to be evaluated by their healthcare provider for an alternative diagnosis other than COVID-19. Clarifying note: Individuals with positive antigen test results with no symptoms (asymptomatic) would need to quarantine if exposed within 3 months of their test result.
- **If you have been fully vaccinated against COVID-19 (received 2nd dose in a two-dose series, or 1 dose of single-dose vaccine), you do not have to quarantine if you meet ALL of the following:**
 - **Your exposure to someone with COVID-19 happened at least two weeks after receiving the last dose of your vaccine series.**
 - **You have not had any symptoms of COVID-19 since your last close contact.**

Continue to monitor for symptoms for 14 days after you last close contact. If you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

*This exemption does not apply to patients receiving inpatient care in a healthcare setting, residents of long-term care facilities, or residents of non-health care congregate settings (such as correctional and detention facilities or group homes). Patients and residents in these settings should continue to quarantine for 14 days after the date of last exposure. Refer to WI DHS guidelines for more information regarding COVID-19 vaccination and quarantine.

Quarantine Options Timeline



*If no test results by Day 7, continue to quarantine.

Continues on next page.

Quarantine Options

Considerations

If individuals wish to end their quarantine at day 7 with a negative test, they will need to coordinate with their employer/school for early release. The health department is not able to provide proof of negative test results to end quarantine. Test results can be obtained via e-mail from WI National Guard testing site, or should be requested from the medical facility that ordered testing. Shortened quarantine duration may not be appropriate in all settings, such as high-risk, congregate settings (i.e. long-term care facilities, shelters, jails and prisons) and as determined on a case by case basis.

FOR ALL QUARANTINE OPTIONS:

- Daily symptom monitoring must continue through Day 14.
- If symptoms (i.e. fever, cough, shortness of breath, etc.) develop at any time, individuals should immediately self-isolate and get [tested](#).
- Individuals must adhere strictly to all recommended non-pharmaceutical interventions, (i.e., consistent mask use, social distancing, and avoiding gatherings) for the full 14 days after exposure.
- If possible, stay away from others, especially people who are at higher risk.

14-Day Quarantine

No Symptoms, No Test Option

Stay home and monitor your health for 14 DAYS after your last contact with a person who had COVID-19.

Quarantine can end after DAY 14 [without testing](#) and if [no symptoms](#) have been reported during daily monitoring. This is still the safest option for people who are higher risk, such as long-term care facilities, shelters, jails and prisons.

10-Day Quarantine

No Symptoms, No Test Option

Stay home and monitor your health for 10 DAYS after your last contact with a person who had COVID-19.

Quarantine can end after DAY 10 [without testing](#) and if [no symptoms](#) have been reported during daily monitoring.

7-10 Day Quarantine

No Symptoms, Negative Test Option

Stay home and monitor your health for at least 7 DAYS after your last contact with a person who had COVID-19.

Quarantine can end after DAY 7 with a [negative rapid-antigen or PCR test result](#) and if [no symptoms](#) were reported during daily monitoring. **See testing options here.**

- The person who was exposed can get tested no sooner than DAY 6 of their quarantine and must remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, your last day of quarantine may be as early as DAY 7.

Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are unable to completely separate from the positive case are required to quarantine for the duration the positive case is in isolation and an additional 7-14 days from the positive case's last day of isolation. See quarantine options above.

Household contacts may be quarantined for more than 7-14 days.